# LONDON



**GUARANTEED** \$1 MILLION You know, even Santa can

Metro columnist talks budgeting while playing the Big Guy — especially when that wish list gets pricey PAGE 14

get stressed

WINNERS



I'M SORRY, DID YOU SAY PETER **IACKSON?** 

FORMER LOST STAR SAID SHE WAS DONE WITH ACTING — UNTIL THE HOBBIT DIRECTOR GAVE HER A CALL PAGE 11

# ... but this isn't my stop

Former London cabbie says he was squeezed out of the taxi industry for trying to organize association for drivers only

artists

# Pet shop owner appeals to city

Pet Paradise. Possible ban on sales of pets would endanger jobs, owner warns

**Taking pop** 

new level

New project sells art in a

vending machine to help

promote and fund London

art to a whole



MIKE DONACHIE

The owner of a London pet store is warning that her business would be "materially affected" by a proposed ban on animal sales.

Councillors asked city staff to look into a ban first pitched in August by animal advocates during a presentation that included distressing images of ani-mals that had been mis-

Animals sold in pet stores are often bred in puppy and kitten mills, they say.

Staff, who will report back to council on the issue Monday, aren't recommending an outright ban.

They say pet stores should be licensed, although they do ask for a ban on the sale of animals in flea markets.

There's only one pet store in London that sells cats and dogs.

It's Pet Paradise, and its owner is Margaret Rubio. She's written to the committee, saying the jobs of

the people her store employs are on the line.

Řubio has run the store since 2000, taking it over when her husband, Jess Rubio, died.

He opened Pet Paradise in 1994 and it now employs 13 people.

În ĥer letter, Rubio insists her store is properly

Mostly, she sells kittens that are dropped off by people who don't want

This year she's sold 222, of which 213 were dropped off by local people who didn't pay a fee.

She also insists she is "extremely selective" with puppies. She sold 50 in

Rubio also says she is "well aware" of the abuses that can exist in the sale of animals, and uses "purchase protocols" including post-dating cheques for a week so she can check that animals are healthy.

'I am, and have been for 13 years, a reputable, responsible and accountable pet store owner independently operating here in my hometown, paying taxes to the city of London," said

She adds: "All at Pet Paradise consider the welfare of all our animals as the highest priority.'

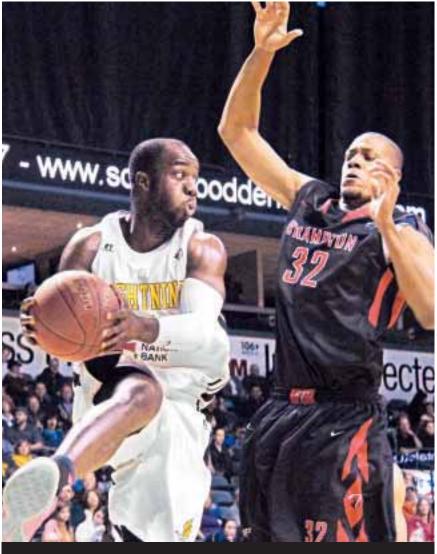
# City to rule on new animal control contract

Animal welfare protesters look set to be disappointed this week as the city rules on its new animal control contract.

When first debated in September, volunteer groups united in an attempt to win the contract and institute a "no-kill" policy at the shelter. If councillors at Monday's community and protective services committee meeting agree with staff, the five-year contract will go to Urban Animal Welfare Inc., the same company that's running the show now.

A staff report describes limiting the euthanasia of animals to set targets, which will be lowered over the life of the contract, ensuring fewer animals die.

The city also is pledging "enhanced animal care strategies," including a new cat adoption centre. MIKE DONACHIE/METRO



The London Lightning's Antwi Atuahene drives around the Brampton A's Adrian Harrison during Sunday's loss at Budweiser Gardens. It's the first time the Lightning have lost three consecutive games in team history. Game coverage, page 17. ANGELA MULLINS/METRO

metronews.ca Monday, December 9, 2013 **NEWS** 

# Bus routes altered for Wharncliffe closure

The city has warned there may be delays to bus service starting Monday when Wharncliffe Road will be closed between Oxford Street and Saunby Street.

It will mean a detour for Route 2 buses, a spokesman said, taking them via Sarnia Road, Wonderland Road and Oxford Street.

An additional bus will be added to service the Essex/Hollywood/Cedar student housing area where Wharncliffe Road turns into Western Road.

That bus will circle Cedar Street and back to Lambton Drive through the campus and back down Western Road for each trip.

Wharncliffe will be closed through Thursday.

# Latest figures

# Unemployment rate down, labour force shrinks

The unemployment rate in the London area has continued its downward trend.

The figures for November, released Friday by Statistics Canada, show the rate sat at 7.5 per cent still higher than Ontario's 7.2 per cent but down from the 7.9 per cent posted locally in October.

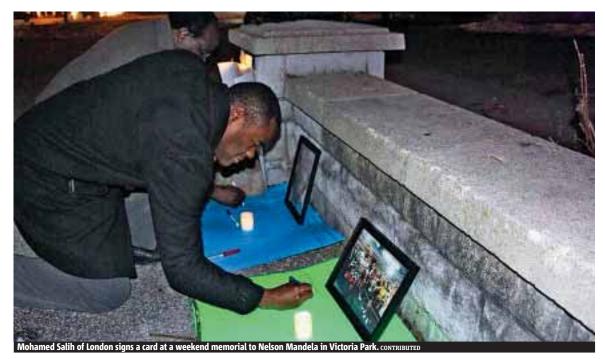
London's unemployment battle is not as simple as one figure.

The data released Friday shows that 2,400 people have left the London-St. Thomas labour force since the last update on unemployment. metro

# Near Drumbo

# Three injured in Highway 401 crash

A distracted-driving charge has now been laid after a bus carrying minor hockey players from a Toronto-area team crashed on Highway 401 near Drumbo, injuring three. Two Markham Majors players and a parent were taken to hospital with minor injuries after the coach bus they were riding in crashed into a roadside barrier Friday morning. They've since been released. The name of the person charged and that of the bus company have not been released. metro



# Londoners pay tribute to Mandela

# **At the park.** Local event planned as mourning continues worldwide

London Multicultural Club, which promotes the diversity of people in the Forest City, wants to allow local people to join the tribute on Dec. 15, the same day as the former South African leader's funeral.

Mandela, the legendary civil-rights activist and the first democratically-elected leader of South Africa, died Thursday after a long period of health problems and frailty. He was

Tributes have poured in

from around the world.

The London event planned for Victoria Park, at a time to be arranged, but it will probably be in the evening, said multicultural club spokesman Jaime Martinez.

'We would like to extend our greatest sympathies with the passing of Nelson Mandela, may his soul rest in peace," he said in an email. "Nelson Mandela's motto was to make a change and to stand for human

"Mandela and his vision will always remain an integral part of our thoughts and actions.'

He later told Metro: "We will be getting all the communities together. We will be talking about his legacy. The



one thing is giving respect for Nelson Mandela on the day.

"If people can't be there for

the funeral, at least they can be a part of that. That's why we're doing it."

Over the weekend, Londoner Mohamed Salih placed photos of Mandela at Victoria Park, as well as large cards people could use to share their thoughts of the great man.

"The cards have been collected after being out since Friday night," he said Sunday afternoon. "Londoners have come out and signed the cards throughout the day and night."

Salih intends to send the cards to the Mandela family or to his foundation.

MIKE DONACHIE/METRO

WITH FILES FROM SCOTT TAYLOR

MORE MANDELA COVERAGE, PAGE 7



# **Accident. Woman taken** to hospital after north London collision

Investigators spent hours on the scene of a Sunday singlevehicle crash that sent a London woman to hospital with serious injuries.

London police say the crash happened about 2:30 a.m. at Ambleside Drive and Western Road. The intersection remained closed until about 1 p.m., with motorists asked to avoid the area.

Additional information, including the name of the woman injured, has not been

Anyone with information is being asked to call the London Police Service at 519-661-5670 or Crime Stoppers at 800-222-8477.

SCOTT TAYLOR/METRO

# London cabbie says job loss was unfair

**U-Need-A Cab.** Man says he was forced out of industry for trying to organize drivers



SCOTT TAYLOR scott.taylor@metronews.c

Former London cabbie Tesfaye Tola says he's paid a heavy price for trying to organize his fellow drivers.

Tola lost his job driving for U-Need-A Cab and says he was, effectively, shut out of the London taxi industry as a whole.

In May 2012, Tola began a campaign to organize drivers in the burgeoning London Taxi-Limousine Drivers' Association. By the end of June, he says he had signatures from 138 drivers wanting to become members.

"I was trying to organize an association for the drivers only," he said.

The existing London Taxi Association (LTA) "represents the company owners and drivers altogether," Tola said.

"The problem is owners cannot talk freely about their interests because they'll try to conceal it from the drivers, and the drivers can't say anything about their interests because they're afraid they won't have a job."

The drivers association, Tola stressed, wouldn't be a union, but it would give drivers a collective voice on employment and licensing and bargaining with employers.

He said when interest grew in the association, he arranged a July 24, 2012, meeting at a



location on Adelaide Street to ratify the association's constitution.

Tola expected about 100 drivers to attend. What he didn't expect were representatives of the LTA, who, he said, argued with him and other drivers for being at the meeting

He claims prospective members were intimidated by the LTA.

LTA board member Jason Kukurudziak disputes that claim and said Tola was one of only three people at the meeting

ing.
"There was no one else there," he said. "We only went to see what it was all about. He's got these really grandiose ideas, but I don't think

anyone is biting on them."

Kukurudziak added the majority of drivers are happy with the LTA and how it deals with the city.

Less than two months after the aborted meeting, and after previously being warned not to organize the drivers by late U-Need-A Cab CEO Geoff Parkins, Tola says he was told he could no longer drive a taxi for the company.

He moved to another taxi company, but weeks later lost his job there. He says he's been blacklisted from the industry.

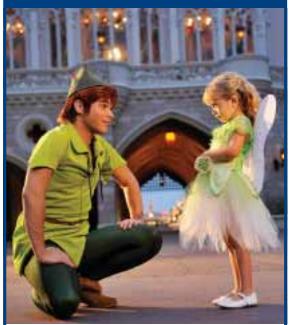
"I still want to drive a cab and I want to organize the cab drivers in the future," Tola said. "I want to clear the air and move on."

## Labour laws breached

- According to documents filed with the Ontario Labour Relations Board, brass at U-Need-A Cab hinted that Tola's job could be on the line if he continued his efforts.
- U-Need-A Cab, which declined comment to Metro, admitted to breaching four sections of the Labour Relations Act and received a number of penalties, including paying lost income to Tola, according to labour board documents.

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# MPP pitching more local control over licensed bars, restaurants

When it comes to liquor licensing in Ontario, one size does not fit all.

That's why a Toronto MPP wants provincial laws changed to give municipalities more power over controlling bars and other establishments that sell booze.

NDP MPP Rosario Marchese (Trinity-Spadina) will table private member's legislation Monday that, if passed, would enable towns and cities to create different classes of licensed cafés, clubs, and restaurants.

It would allow municipalities to limit the concentration of potential problems — such as too many nightclubs in one neighbourhood — without affecting other businesses.

"At the moment, every business establishment is considered the same — a bakery, a deli, and a bar all have the same (liquor licence) classification," Marchese said.

"These changes would give municipalities the tools that they could use to respond to different issues, to different problems.

"The bill would give them the power to limit the concentration of a class of a licensed establishment — i.e. nightlife, if that's what's causing the problem in a particular neighbourhood."

Under his proposal, municipalities could distinguish between restaurants and nightclubs, regulate operating hours, and get notified when licences are transferred to new operators.

"There is no downside in my mind," he said about the proposed legislation. "It's something that I believe would solve a lot of headaches. This is not a killjoy bill. This is not a bill that's designed to go after restaurants. It's just common sense." TORSTAR NEWS SERVICE

Book by February 22, 2014 (11:59 p.m. MT) for travel from January 5, 2014 until April 12, 2014. \*Advertised savings amount is calculated based on a 7-night package with a deluxe hotel, dining and Theme Park Tickets for a family of 2 adults and 2 kids. Savings will vary based on travel date, hotel category and length of stay. Requires a minimum 5-nights and maximum of 14-nights stay at select Walt Disney World Resorts. Within the "Hotels" booking step the "Promotion Dining Plan included" room type must be chosen along with Magic Your Way Tickets for all guests. You are required to select the FREE Dining option within the "Meal Plan" selection, "Guests may upgrade from a Disney Quick- Service Dining Plan to a Disney Dining Plan or the Disney Deluxe Dining Plan for an additional charge. Dining plan excludes gratuities and alcoholic beverages. Children ages 3–9 must order from children's menu if available. Meals for guests ages 3-9 may not be used by persons ages 10 and up. Some Table-Service restaurants may have limited or no availability at time of package purchase. Guests can call 407-WDW-DINE to make reservations up to 180 days prior to their visit. The duration of the plan must coincide with the number of nights of the room reservation Additional per adult charges apply if more than two adults per room. Disney's Magical Express ransfers are included from the Orlando International Airport to the Walt Disney World Resort. Advance booking required. Non-refundable and non-transferable. This offer may not be combined with other discounts or promotions. Offer limited and subject to availability. Offer subject to change and expiry without notice. New bookings only. Other restrictions may apply. A fuel surcharge applies to Air Miles<sup>TM</sup> redemption bookings. As to Disney artwork, logos and properties: ©Disney. Ontario travel agents are covered by TICO. Mailing address: 6085 Midfield Road, Toronto ON L5P 1A2. TICO registration number: 50018683.



# Local library champions set to dig deeper

Saving the Glanworth branch. Efforts in full force to raise money needed for renovations



MIKE DONACHIE mike.donachie@metronews.ca

A historic discovery has spurred on a London community's efforts to help renovate their local library.

Last week, people fundraising for Glanworth Library were thrilled when a time capsule was found in the debris left after moving the building.

Now they're planning events for next year as they work to raise the \$56,485 needed to complete the \$230,000 project.

"It's a voice across time," said Victoria White, president of the Glanworth Community Association. "I see this tiny little tin box as a sort of meta-

#### What's in the box?

The time capsule was found under the Glanworth Library building when it was moved.

- It's a tin box and it contains two newspapers, a 1920 penny and a note that's too fragile to be unwrapped.
- Conservation is to take place in the hope that the note can be read.

phor for our whole library because you never know what you will find if you start to dig a little."

The drive to save the library began in 2011 when it became clear new rules on the condition of public buildings would force it to close.

Community pledges, then actual donations, joined matched funding from the federal government and grants from local foundations to allow work to start.

The improvements include new foundations, better heating and cooling, a ramp to ensure access for all and a washroom.

The hope is that the library will open early in the new year, but more money is needed to ensure all aspects of the project are completed.

Events are being planned and more donors, especially from businesses, are being sought.

"Any attention we can bring to this event is so appreciated," said community association vice-president Barb Shore.

Coun. Sandy White, who campaigned at city hall to save the library, said: "This library means a lot to the people there and it brings them together. It would have been a huge loss to the people."

To offer help, email Victoria@thevirtualwriter.ca or bjshore@execulink.com.

# Let the good times roll loudly: Honeymoon Suite to headline London's Rockin' New Year's Eve

Canadian hard-rock band Honeymoon Suite is the top act for London's Rockin' New Year's Eve celebration.

The '80s rockers, whose hits include New Girl Now, are an appropriate choice for the event, which could be louder than ever if plans to suspend the city's noise bylaw move ahead.

London West MP Ed Holder, the co-chair of the committee-run event, made the announcement Friday at the bandshell in Victoria Park.

Asked if it's going to get loud, Holder said: "I hope so."

He said the celebration, which drew a crowd of 25,000 people last year, is an important event because it's run by the community.

"Every year the community comes together," said

He added: "It's to celebrate what's the best of London. What's so great about this event is it's Londoners taking care of Londoners.

"It's very special."

He praised the efforts of Londoners and the many corporate sponsors who have lined up to support the event.

As for the people who were concerned that it might get too loud, Holder had an open invitation for them to join in.

"Come on down and enjoy the evening," he said. "If it's a little bit too noisy, don't come down."

Councillors will discuss the possibility of suspending the city's noise bylaws for New Year's Eve at a meeting of the community and protective services committee on Monday.

MIKE DONACHIE/METRO



## **Rockin' highlights**

- 6 p.m.: Family skating, with balloon animals and free hot chocolate for the kids, followed by a magic show by the Amazing Corbin.
- 8 p.m.: Local performers from the Western Fair District Rise 2 Fame Competition show their talents.
- 9 p.m.: Fireworks display for the kids.
- After 9 p.m.: Music acts
   The Beagles and, headlining, Honeymoon Suite.
- Midnight: Fireworks display to bring in the new year.

metronews.ca Monday, December 9, 2013 **NEWS** 

# **Charges.** Three arrested in drugs, weapons seizure

Three men are facing charges after police seized guns and drugs as part of a month-long investigation in London.

One firearm, a Springfield Armoury 9mm semi-automatic handgun, was stolen from a break and enter in Windsor, police said.

Search warrants served at two London addresses on Thursday.

The search of a residence on Jalna Boulevard led to the seizure of 230 Xanax pills.

Kenzie Sabourin, 21, of London, was charged with offences including possession of an illegal substance for the purpose of trafficking.

During the search of a Sholto Drive home, police seized cocaine, Oxycodone

Child pornography

# Costly fire

## Two arrested by cyber crime unit in barn blaze

The London police cybercrime unit made two arrests after getting information from other police services.

Mathew Charbonneau, 23, was charged with production and possession of child pornography, as well as telecommunication with a person younger than 18 years old and a person younger than 16 years old.

James McDowell, 27, was charged with production and possession of child pornography, among other charges. MIKE DONACHIE/METRO



pills, the 9mm semi-automatic handgun, a loaded Smith and Wesson .38-calibre revolver handgun and 56 rounds of ammunition.

Nestor Moran, 21, of Ilderton, and 58-year-old Anthony Stuifbergen, of London, have been charged with a combined 43 firearm- and drugrelated offences. **METRO** 

# 900 goats killed

An estimated 900 goats were killed in an early Saturday morning barn fire near St. Thomas.

Provincial police were called to the scene in Southwold Township just after 1 a.m. Nobody was injured in the fire.

Property damage is estimated at about \$2 million.

The cause of the fire is under investigation and the Fire Marshal's Office was called in. THE CANADIAN PRESS

Turning creative into convenient

**Vending Arts Project.**Art sold from vending machine helps promote, fund artists



SCOTT **TAYLOR** 

The idea is one of those rare moments when art, commerce and simplicity come together to produce something so novel it just has to work.

Picture this: A secondhand vending machine full of art inside an aroma-filled café with a captive audience.

And half the proceeds from sales go to the artists themselves.

It's called the Vending Arts Project, and it's the brain-child of Janine Wass, who pitched the idea to the folks at Awesome London.

They loved the concept and awarded her a cool \$1,000 to make it happen.

"I guess you could call me the brains behind it," she said with a laugh at the official unveiling Sunday. "I wanted to find a way to support London artists, and I thought this might be an interesting way to do it."

Artist Steve Tracy was



delighted by the look of the vending machine and the reaction it was receiving.
"It's very modern. It's like

pop art, you know? They pop out at you," he said. "You've got this bright, colourful venue right next to where people are jazzed up and having coffee, and they have this artwork here just for \$4.

"What a great way to start a collection.

Each art card includes an artist biography, so people can learn about who they're supporting, and information about where to find the real

Currently there are nine artists featured, but the machine can hold up to 30.

# Supporting local art

Artists involved: Gwen Card, Gayle Slinger, Abby Robinson, Jennifer Squire, Carol Finkbeiner Thomas, Krystal Caldwell, Steve Tracey, Cassandra Harms and Carly Mellows.



# Bahrain, Algeria, Iraq get new exports of Canadian guns, ammo

Arms control. Canada has yet to sign the UN Arms Trade Treaty, an attempt to regulate the multi-billion dollar industry

Bahrain, Algeria and Iraq, countries with dubious human-rights records or a history of violent internal conflict, have recently become new buyers of Canadian-made guns and ammunition, an analysis of federal government data shows.

The analysis by The Canadian Press found that Canadian exports to those countries swelled by 100 per cent from 2011 to 2012, the most recent figures publicly available.

During the same time period, exports of Canadian weapons also increased to Pakistan (98 per cent), Mexico (93 per cent) and Egypt (83 per cent), where, respectively, alQaida terrorists, a deadly government war on drug cartels and seismic political upheaval have sparked violence.

Though Canada's arms trade is legal and regulated, analysts say the increases raise questions about the government's foreign-policy commitment to human rights, and its regulatory regime for arms exports.

"Diversification is a principle of business in this globalized economy. As we see western militaries decrease their

#### **Biggest export**

Canada's leading customer by a massive margin is the U.S., where annual exports have averaged \$190 million over the last decade.

defence budgets, military industries will be looking for new markets," said Walter Dorn, the chair of international affairs studies at the Canadian Forces College.

Canada's sales to Bahrain and Algeria skyrocketed between 2011 to 2012 — a period during which both countries suppressed pro-democracy democratic protests. "It is really strange timing that Canada would be increasing a sale of arms or military equipment, let's say, at this moment when Bahrain has been involved in violently repressing its own peaceful democracy demonstrators," said Roland Paris, director of the Centre of International Policy Studies at the

University of Ottawa.

The Čanadian Press provided a list of questions to the offices of International Trade Minister Ed Fast and Foreign Affairs Minister John Baird, but a reply from Foreign Affairs left many unanswered.

Foreign Affairs carefully reviews all export of weapons to ensure they "do not contribute to national or regional conflicts or instability" or "are not used to commit human rights violations," the statement said.

THE CANADIAN PRESS



# Rehtaeh Parsons vigil: Mourners gather in Halifax

Leah Parsons, centre, hangs an ornament on a Christmas tree during a vigil in honour of her daughter Rehtaeh as partner Jason Barnes looks on. Rehtaeh, who took her own life last April after being bullied over an alleged sexual assault, would have turned 18 on Monday.

RUTH DAVENPORT/METRO IN HALIFAX

# Saskatchewan

# Hundreds line up for special mead

Fans of a once-a-year holiday beverage in Saskatchewan kept up their tradition of queuing overnight for the treat, even though they had to endure wind chill temperatures below -40 C.

Eleven hours before Regina's Bushwakker Brew Pub

released its 2013 edition of blackberry mead on Saturday, there was a lineup forming outside its doors. Kyla Will, who was first line, spent the night with two friends snuggled under blankets on a couch they'd brought themselves. The bottles are only available on the first Saturday of December. Last year's batch of 6,000 bottles sold out in about an hour.

# Speed trap

# Man charged with dangerous driving

A Mississauga, Ont., man faces charges after police say they clocked a Porsche SUV travelling at 233 km/h on Highway 401.

Provincial police say an officer conducting a speed trap on a stretch of the highway in Toronto spotted

the Porsche Cayenne zipping by in a 100 zone around 3:30 a.m. Sunday. Police allege they discov-

Police allege they discovered the driver had been drinking and was also sought on an outstanding warrant for failing to appear in court.

Calvin Williams, 29, is charged with dangerous driving, stunt driving, impaired driving and driving with a blood-alcohol level over the legal limit. THE CANADIAN PRESS

# Sensible B.C.'s campaign. Petition to force pot referendum unsuccessful

There was plenty of smoke, but ultimately no fire for Sensible B.C.

Campaign organizer Dana Larsen confirmed Sunday that the citizen's initiative for a referendum on decriminalizing marijuana possession has failed ahead of Election B.C.'s Monday deadline.

"We're not going to make it," said Larsen. "We're very proud of our team of canvassers and what we accomplished; 200,000 signatures is still a remarkable feat."

Larsen and his team needed to collect the signatures of 10 per cent of registered voters in every single one of B.C.'s 85 electoral districts in a 90-day period for the initiative to be a success.

"We're not done counting yet and there are last-minute



signatures coming in, but it looks like we reached the threshold in about two dozen ridings," said Larsen.

That's well shy of the 85 required, though Larsen says they reached two-thirds of their goal

MATT KIELTYKA/METRO IN VANCOUVER

# Rampage of destruction. Man slams six police cars

A 38-year-old man is in custody after he allegedly slammed a truck into six police cruisers and flooded a hospital in what police are calling a "destructive rampage."

According to the RCMP, around 1 a.m. Sunday, the man allegedly smashed a Jeep Cherokee that had been reported stolen into an unoccupied police cruiser. But the so-called rampage really began when he traded in the smaller vehicle for a five-tonne rental truck parked nearby.

Police say he backed the

semi into two more parked police cars and proceeded to crash into three other cruisers, the abandoned Cherokee, and, finally, a utility pole.

By then, police had arrived, and they arrested the man as he attempted to run from the scene. Officers took the man to Burnaby General Hospital, but he jumped out of his hospital bed and yanked off a sprinkler head. Water poured down from the pipe, forcing staff to shut down the emergency ward.

ELIZABETH HAMES/
METRO IN VANCOUVER

metronews.ca Monday, December 9, 2013 **NEWS** 



nday. South Africans flocked to houses of worship for a national day of prayer and reflection

# An unlikely friendship

He was with Nelson Mandela during all those years the anti-apartheid icon was imprisoned on Robben Island. And, like millions around the world, he has been hit hard by Mandela's death.

Yet this South African was not one of Mandela's fellow prisoners. Christo Brand was his jailer. Such was Mandela's

charm and ability to turn enemies into allies that even the black political prisoner and the white Afrikaans warden forged an unlikely but enduring friendship.

Mandela and Brand last met about two years ago when Brand, now in his 50s, brought his wife, son and grandson to see Mandela in Cape Town in a Sunday afternoon visit that lasted nearly three

They had "nice chats about the past, about his family. He wanted to pick up my grandchild, to hold him, which he was a little bit shy to go to him. You could see he really reached out for touching a child at that moment,



Brand recalled.

"When I got the message when he passed away, it was very sad for me,' Brand said Saturday.

"But I think he was successful and he did what he wanted to do. I wanted him to go in peace and I am thinking of the family today, what they go through."

Brand once again works on Robben Island, which is no longer a prison but a bustling tourist attraction. He and other former guards and prisoners tell visitors about the new South Africa's racial reconciliation.

THE ASSOCIATED PRESS

# **South Africans unite** to remember Mandela

# Farewell to a hero.

Mourners of all races come together to celebrate the man called 'that moonlight in the dark night'

In death, Nelson Mandela unified South Africans of all races and backgrounds Sunday on a day of prayer for the global statesman - from a vaulted cathedral with hymns and incense to a rural, hilltop church with drums and dancing.

Mandela was remembered in old bedrocks of resistance as well as former bastions of loyalty to apartheid.

"May his long walk to freedom be enjoyed and realized in our time by all of us," worshippers said in a prayer at the majestic St. George's Cathedral in Cape Town, where the first white settlers arrived centuries ago aboard European ships.

South Africa's reflection on Mandela's astonishing life was a prelude to a massive memor-

# A force for unity

"He said, 'Let's forgive,' and he forgave. That created a space for people to feel safe ... at a time when the expectation was that there was going to be a war."

Rev. Niekie Lamprecht, pastor of the Dutch Reformed Church of Pretoria East, who said Mandela was the driving force behind changes of attitude in the congregation's overwhelmingly white parishioners

ial in a Johannesburg stadium Tuesday that will draw world leaders and luminaries. They will gather to mourn, but also to salute the achievements of the prisoner who became president and an emblem of humanity's best instincts.

The extended farewell ends Dec. 15, when Mandela is to be buried in his hometown of Qunu in Eastern Cape province.

The anti-apartheid campaigner wanted to die in those modest, traditional surroundings; instead, he died Thursday at age 95 in his home in an exclusive Johannesburg area. He was surrounded by family after months of a debilitating illness that required the constant care of a team of doctors.

The Rev. Sebastian J. Ros-

souw compared Mandela to the biblical figures Isaiah and John the Baptist as men who led in dark times, calling him "that moonlight in the dark night."

God "sent us this man to show us the depths of the human heart, he sent us this man to show us that despite what was going on at the time, light could shine," Rossouw said. He warned of the flaws of modern life in South Africa, preaching against the "corruption and

crime" that plague the country.

Mandela's ex-wife, Win-Madikizela-Mandela, joined one of his grandsons, Mandla Mandela, and South President African Jacob Zuma in a prayer service in Johannesburg.

Foreign dignitaries began

# Canada's delegation

A who's who of Canadian politics boarded Stephen Harper's plane to join the prime minister as he flew to South Africa to pay respects to Nelson Mandela, where he will attend a public memorial Tuesday in Johannesburg.

- Former PMs Brian Mulroney, Jean Chrétien and Kim Campbell, as well as NDP Leader Thomas Mulcair boarded the plane.
- Liberal Leader Justin Trudeau didn't board: instead. Liberal MP Irwin Cotler joined the delegation.

arriving Sunday, and the South African government said more than 50 heads of state were expected. Those attending include Prime Minister Stephen Harper, U.S. President Barack Obama, British Prime Minister David Cameron and UN Secretary-General Ban Ki-moon.

THE ASSOCIATED PRESS

# Thailand

# Political crisis deepens

Thailand's main opposition party resigned from parliament on Sunday to protest what it called "the illegitimacy" of an elected government with which it can no longer work.

The move deepens the country's latest political crisis as new street demonstrations are set to begin, which many fear could turn violent.

THE ASSOCIATED PRESS

# Germany

# President boycotts Sochi

German President Joachim Gauck is boycotting the Winter Olympics and will not travel to Sochi, Russia next year. The decision is to protest against human-rights violations and harassment of Russian opposition political figures. Gauck is an outspoken critic of Russia's human-rights record.

THE ASSOCIATED PRESS

# Lac-Mégantic

# Derailment's first responders honoured

Firefighters, paramedics, and police who responded to the train derailment in Lac-Mégantic were honoured Sunday near the site of the tragedy.

Quebec premier
Pauline Marois and LacMégantic mayor Colette
Roy-Laroche were among
those who took part in
a ceremony at the high
school. First responders
and local officials, including Roy-Laroche, were
given medals for service.
THE CANADIAN PRESS

# Madison, Wisconsin

# Just hugging?

Wisconsin's capital city is a place where just about anything goes, even naked bike rides. But city officials say one business is pushing boundaries by offering hugs. For \$60, customers at Snuggle House can spend an hour hugging with a pro. Officials suspect the business is a front for prostitution and cops are talking about a sting. THE ASSOCIATED PRESS

# Ukrainian anti-government protesters rally big in Kyiv

# **Revolution of dignity.**

The Russian-aligned government in Ukraine clings to power amid massive protests; no gov't concessions

Angry anti-government protesters toppled a statue of former Soviet leader Vladimir Lenin in the centre of Kyiv on Sunday and blockaded key government buildings amid huge street protests, raising the stakes in an escalating standoff with President Viktor Yanukovych.

The biggest protest in the former Soviet republic since Ukraine's pro-democracy Orange Revolution in 2004 led the government to fire back. It announced an investigation of opposition leaders for an alleged attempt to seize

#### Quoted

# "I am convinced that after these events, dictatorship will never survive in our country."

Opposition leader Vitali Klitschko. The protests have an anti-Russian component as Russia worked to derail the EU deal.

power and warned the demonstrators they could face criminal charges.

The West pressed for a peaceful settlement.

Hundreds of thousands of Ukrainians flooded the centre of Kyiv to demand Yanukovych's ouster after he ditched ties with the EU in favour of Russia and sent police to break up a protest. Packing Independence Square as far as the eye could see, Ukrainians waving European Union flags sang the national anthem. THE ASSOCIATED PRESS



# Havana. An elderly man keeps watch daily over a statue of John Lennon

John Lennon needed help. At least his statue did.

A bronze likeness of the Beatle, who was assassinated 33 years ago Sunday, was inaugurated in a leafy Havana park 13 years ago. But souvenir-seekers kept stealing the iconic circular spectacles that adorned it.

Officials tried gluing them on. But they should have known better: Vandals simply broke them off.

Enter Juan Gonzalez, a 95-year-old retired farm worker who lives across the street. For the last 13 years, four days a week, Gonzalez has showed up at 6 a.m. for a 12-hour shift, wearing a government security guard's uniform and cap. As tourists arrive, he

As tourists arrive, he places the glasses on the singer's nose and waits patiently as they snap pictures.

as they snap pictures.

When they leave, he gently tucks the glasses away in a shirt pocket next to his cigars. Despite his age, Gonzalez says he's not ready to quit his mission to help preserve the memory of one of modern music's greats.

THE ASSOCIATED PRESS



# Winter storms wallop the United States

A winter storm delivered a sloppy mix of snow, freezing rain and sleet to the southern Mid-Atlantic region and other U.S. states Sunday, with parts of Pennsylvania and southern New Jersey seeing more than 7.5 centimetres of accumulation, making driving dangerous for millions of residents nationwide.

The slow-moving storm prompted officials in Virginia, parts of Maryland and other states to urge residents to stay off the roads and forced scattered airport delays.

In Wisconsin, there were several vehicle pileups due to snow and dangerous road conditions, with one fatal interstate rollover.

In Pennsylvania, the snow wreaked havoc on the turnpike and covered the fields of the Pittsburgh Steelers and Philadelphia Eagles football teams in white.

The U.S. National Weather Service said the high pressure system from North Carolina north to the New England states is being fed by disturbances from the



Kyle Marine, 9, is chased by his sister Brooke, 6, as they have fun playing in the snow in Hockessin, Del., Sunday. Suchat PEDERSON/THE ASSOCIATED PRESS

southwest and moist air off the Atlantic.

"This is not one big storm but a couple storms lined up side-by-side," meteorologist Kevin Witt said. "That's just a recipe for winter precipitation."

The forecast called for the wintry mix to continue through Sunday, turning to rain early Monday.

Total snow accumulations

in southeastern Pennsylvania, Delaware and southern New Jersey were expected to reach 15 centimetres.

In North Texas, bitter cold settled in Sunday after sleet, snow and ice had pelted the region.

About 400 departures from the Dallas-Fort Worth International Airport were cancelled Sunday.

THE ASSOCIATED PRESS

metronews.ca Monday, December 9, 2013 **BUSINESS** 

# Research. Drug from viper venom may prevent cause of heart attacks, strokes

It's one of the world's most poisonous snakes, and researchers hope the venom of the viper dubbed the "hundred pacer" can provide a medication to help prevent one of the world's leading killers.

A team of researchers has purified a protein from the snake's venom to develop an experimental drug aimed at preventing blood clots that can cause a heart attack or stroke.

The venom from the Southeast Asia pit viper is so potent that it is referred to by local residents as a hundred pacer



based on the belief that someone who is bitten will be able to walk no more than 100 steps before dying.

THE CANADIAN PRESS

# Public prayer

# Pope gives voice to 'cries of the poor'

Pope Francis, in the heart of Rome's fanciest shopping district, prayed on Sunday that the poor are never forgotten.

His appearance at the foot of the Spanish Steps follows a papal tradition of



public prayer before a statue representing Mary on Dec. 8, a church holiday honouring the mother of Jesus. THE ASSOCIATED PRESS

# An eggciting idea: I can't believe it's not mayo!

# Which came first, the chicken or the egg?

Hampton Creek Foods hopes the answer is neither, as it aims to find plant-based alternatives for foods like mayo

The startup is housed in a garage-like space in San Francisco's tech-heavy South of Market neighbourhood, but it isn't like most of its neighbours that develop software, websites and mobile-phone apps. Its mission is to find plant replacements for eggs.

Inside, research chefs bake cookies and cakes, whip up batches of flavoured mayonnaise and pan-fry omelets and French toast — all without eggs.

Funded by prominent Silicon Valley investors and Microsoft founder Bill



acking open a new market — Hampton Creek Foods CEO holds a sp ellow pea used to make a plant-based mayonnaise. ERIC RISBERG/THE A

Gates, Hampton Creek Foods seeks to disrupt a global egg industry that backers say wastes energy, pollutes the environment, causes disease outbreaks and confines chickens to tiny spaces.

company, which The

just started selling its first product — Just Mayo mayonnaise — at Whole Foods Markets, is part of a new generation of so-called food-tech ventures that aim to change the way we eat.

"There's nothing indicate that this will be a

- Alternatives to eggs, poultry and other meat could be good for the environment because it could reduce consumption of meat, which requires large amounts of land, water and crops to produce, backers say.
- It could also benefit people's health, especially in heavy meat-eating countries like the U.S., and also reduce outbreaks of diseases such as avian flu, advocates claim.

trend that will end anytime soon," said Anand Sanwal, CEO of CB Insights, a New York firm that tracks vencapital investment. "Sustainability and challenges to the food supply are pretty fundamental issues." THE ASSOCIATED PRESS

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Pen Centre Pickering Town Centre The Promenade Scarborough Town Centre Seaway Mall Sheppard Centre Sheridan Centre Sherway Gardens

Stone Road Mall Tecumseh Mall Toronto Eaton Centre Upper Canada Mall Vaughan Mills White Oaks Mall Woodbine Centre Yorkdale Mall

metronews.ca Monday, December 9, 2013 metr⊕ **VOICES** 

# **WYNNE AD BEGS THE QUESTION: WHY?**

If you've noticed more of a political presence in your life lately, you're not alone.

Maybe you've seen Ontario Premier Kathleen Wynne running on your TV, or perhaps, like me, you've awoken to a radio ad telling you why Justin Trudeau's marijuana views are bad

It's busy season for political ads in Canada, and especially in Ontario, where messages from both parties are inundating our airwaves.

The Conservatives, as is their tendency, have invested in attack ads this fall - once again aimed at Trudeau, the Liberal party leader. One of those national ads follows the same format the Conservatives used last spring. I'm talking about the carnival merry-go-round music that

is "in way over his head." The ad I heard recently featured a concerned mother worried Trudeau's views on pot would be harmful for her kids (if the Lib-

eral leader were ever elected prime minister and then subse-

london@metronews.ca goes along with a patronizing male voice that concludes Trudeau



**Todd Devlin** 

quently legalized and regulated marijuana).

"Imagine, making it available, just like alcohol and cigarettes," the voice says, incredulously. "He's sending the message that recreational drug use is OK. That's the last thing I want my kids to think.

The last thing I want to think is that these sorts of political ads actually work. In other words, I sincerely hope this isn't what it takes to sway opinions in this country.

Ånd I'm not only talking about the attack ads. An ad taken out by the provincial Liberals featuring Premier Wynne has also left me shaking my head in frustration.

For one, Wynne isn't really running for anything. She's already the premier, after all, and

the next scheduled provincial election isn't until 2015 (it's anyone's guess if something will spark one before that). This makes the fact that she's literally running in the ad all the more strange. Wynne tells viewers that there are things most people don't

"One, I love running," she says. "Two, I try to speak simply and get to the point. Three, I set goals — really hard-to-accomplish goals. Four, I never stop until they're done.

And so ends the ad. I think it's safe to say I'm not the only one left with some questions.

First, what exactly are these "hard-to-accomplish" goals? Wynne mentions no specifics in the 30-second spot, leaving the viewer to make his or her own assumptions.

Second, why run? Also, why the bleak, drizzly weather? That hardly left me inspired. Maybe I'm missing some symbolism, but my general response to the Wynne ad was, "Huh?"

The problem with political ads — whether they're of the attack variety or the vague, wishy-washy style — is that they don't actually inform. The truth is, they're disingenuous at best and dishonest propaganda at worst.

And if you're like me, the first thing you're inclined to do after seeing one of these ads is head to the computer for some fact-checking to uncover the truth.

One thing's for sure: You're not going to get it from the ads

Follow Todd Devlin on Twitter @UrhanCompassIda



# ZOOM

# One team caves in first



# Cricket goes deep in the ground

The world's first underground cricket match has taken place in a slate mine under a

The unique sporting fixture saw village clubs Caldbeck and Threlkeld play 600 metres (2,000 feet) deep inside England's last working slate mine at Honister in the English Lake District.

# The treasurer says

"It was murky, water was dripping off the sides of the mine, the ground was muddy and the balls kept ricocheting off the walls. But it was a nice game, despite our team losing."

Michael Webster, treasurer of Threlkeld

Cricket Club
The match was won by Caldbeck after they scored 28 runs with one over and four balls

# Club raises money with extreme game

In June 2012, Threlkeld was hit by a flood that wrecked the club's cricket ground. To raise money to fix it, the club invented Extreme Cricket: Matches played in unusual locations, the photos of which are made into a calendar sold online. With proceeds from their site rainstopped play.org, Threlkeld hopes to have their ground ready in August. METRO

## Where else?

- The game has also been played on a frozen tarn; on a mountain in the Lake District; on top of a steam engine: underwater in the local Derwent River; and inside a local theatre.
- The cricket club says it has no plans to export the quirky game over-



# **WE ACT:** CANADA DOES GOOD

Theatre for Peace

Across the nation in our neighbourhoods, Canadians are up to a whole lot of good. Here's one we'd like you to meet. Who: Tahirah Stanley, 24, (pictured) actor and activist,

from Toronto. What: Theatre for Peace, a youth-empowering performing arts program.

Why: "Theatre has a way of really encouraging people to step outside their comfort zone and develop confidence — that's what it did for me," says Stanley.

Two years ago, Stanley started Theatre for Peace, a program that engages Toronto teens to combine their interests for the arts with their passions for social issues. Eight to 10 youth participate in each 12-week course, choosing

issues to focus on and working with industry experts to create performances to share with the community — from poetry to rapping to dancing.

What inspired you to get started? "Theatre is really, really important in my life. I wanted to be a positive role model to youth in my neighbourhood, and I thought they would benefit from being connected to people outside their immediate community.'

What motivates the work you do every day? "The youth that I work with are amazing! It really fuels my soul to see the change and the impact in these youth. It makes me happy to see other people happy, and to see them flourishing and becoming confident people." CRAIG AND MARC KIELBURGER

**VE WANT TO HEAR FROM YOU:** end us your comments: londonletters@metronews.ca



# It took a dragon to drag actress Evangeline Lilly out of retirement

# The Hobbit: The Desolation of Smaug.

She was done with her profession, then Peter Jackson called



RICHARD CROUSE scene@metronews.ca

The show Lost propelled Evangeline Lilly from unknown model to television star.

For six seasons she played Kate Austen on the hit series, earned a Golden Globe nomination, numerous Sexiest Women in the World titles and became the face of L'Oreal Paris.

But the trappings of fame didn't sit well with the Albertaborn actress. "I'm a small town Canadian girl," she says. "It just doesn't jive with me."

So instead of looking for the next big thing following Lost's 2010 finale, she took a step back.

"My resolve to retire came when I realized it was actually the job itself that was killing me. I'm a very undramatic woman. I keep my life very simple. I don't have a lot of emotional energy to spend. I don't argue with my spouse. I don't make drama where there doesn't need to be any. I don't have girlfriends who are dramatic. I just can't stomach it.

"Having a job that required that I be at the height of drama emotionally for 14 hours a day, all day, every week for six years running was doing bad things to my health, to my psyche. I wasn't in a good place. I really



believe if you're not happy, get out. It doesn't matter how much someone is paying you or how famous you've become, it's not worth it if you're not happy and you're not healthy."

It took Peter Jackson and a plum role in The Hobbit: The Desolation of Smaug to bring her out of self-imposed seclu-

"When they asked me I was three months out of giving birth to my first son," she says. "I thought I had retired to a life of writing and motherhood. I thought I was done with acting. And then he called. I thought, This is too huge of an honour. I can't say no to this. This

## Quote

# "This is something I had dreamed about since I was a little girl."

Evangeline Lilly on playing her role in the new Hobbit film.

is something I had dreamed about since I was a little girl,' so I took the job."

In the action-adventure she plays Tauriel, a 600-year-old wood elf created specially for the film. She says the character is "driven by her desire to help the vulnerable and the weak."

We'll see her again as

## On powerful females

• Evangeline Lilly likes the soft side of her current role. "One of the things I struggle with, with powerful female roles in the media right now, is that often they are associated with male violence. If a woman can kill and slaughter like a man then suddenly she's a powerful woman, which I actually think diminishes her power. I don't think that makes them powerful. I like that this character is a softhearted compassionate elf driven out of her need for justice and her seeking of the truth. I think that is more a distinct female power. I think in the past vulnerability and compassion have been associated with weakness and I think they give a woman her power."

Tauriel next year in The Hobbit: There and Back Again and after that, who knows, although she says, shooting The Desolation of Smaug in New Zealand was "such a positive experience that it has actually changed my mind about my profession."







# Rapper Lupe Fiasco is all about the love these days

**New album.** Fiasco says his new album is darker, but his first single, Old School Love, shows a soft side

#### EMILY LAURENCE

etro World News in New York City

Lupe Fiasco's fans call him the "realest rapper."

The artist has never been shy about using his songs to speak his mind, especially when it comes to politics and social issues. So teaming up with Ed Sheeran to sing about love might come as a surprise.

"I was a little hesitant at first," Fiasco says about his collaboration with the redheaded Brit on his new single, Old School Love.

"My friend Guy Sebastian,

who did Battle Scars with me off my last album, told me I had to do it."

It's good Fiasco took his friend's advice. The song is in heavy radio rotation and is steadily climbing the charts.

Old School Love is the first single off Fiasco's upcoming album, Testuo and Youth (out early 2014), which the rapper says is darker than his past four albums.

"Old School Love is a very soft song, but the rest of the album is a bit harder and more aggressive. I didn't want to make a soft and fluffy album," he says.

Unlike his last album, Fiasco is steering clear of politics on his new record, but the tracks are by no means "safe." One song, Crack, is about crack cocaine, and in Blur My Hands, he raps about road rage.

"The song is about people flipping you the bird, but it's about taking that and saying you're actually No. 1."

Fiasco is previewing his new songs on the tour, but he'll of course be showcasing his old hits like Kick Push and Superstar — and he will be paying close attention to the audience to see who knows the words.

"One of my most memorable fan encounters was of this guy who was a couple of rows from the front and he knew the words to every song — even the small weird songs and the limited edition songs," Fiasco says.

"I ended up bringing him on stage."

Now that Fiasco's been on the scene for a while, he's using his fame to introduce new talent at his concerts.

Mickey Factz, New Orleans rapper Dee-1 and Chicago-based Boy Illinois are all

#### Quoted

"One of my most memorable fan encounters was of this guy who was a couple of rows from the front and he knew the words to every song — even the small weird songs and the limited edition songs."

Luna Fiaco

sharing the stage with Fiasco throughout the 32-city tour.

"They've just been killing it," Fiasco says.

"Now that I'm a sort-of veteran, I'm more excited about seeing my homies come up and shine than I am about playing stadiums or seeing people jump around."

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# How do you solve a problem like Twitter?

# The Sound of Music.

The tweeps of the world weren't too kind to Carrie Underwood's portrayal of Maria but Julie Andrews gave her blessing to the role

#### MELINDA TAUB

Metro World News in New York

Twitter was pretty rough on Carrie Underwood during NBC's live production of The Sound of Music last night — partly because Twitter is not known for its kindness and restraint, but also because so

many musical theatre fans felt protective of Julie Andrews and her original performance as

But one person who felt just fine about Carrie Underwood stepping into her dirndl? Julie Andrews herself.

Country singer Underwood revealed that she reached out to the legendary musical star before taking on the role.

"She's so wonderful," Underwood told E! Online. "She's been so great to us and that means a lot. Whenever I do a cover of somebody's song or whatever, I always get permission of the artist first. I'm like, 'If you hate me, let me know and I won't sing your song! So it was really really important for her to do that and, just, what a lovely person."

Well, of course she's lovely. She is Julie \$%"#@ Andrews. She owns the copyright on lovely. She could kill a man with lovely at fifty paces. Do not even try to be as lovely as her, Carrie Underwood, because lovely is her thing, and she could lovely you to tiny country-fried smithereens. Oh look, I've become Twittor.

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Monday, December 9, 2013

DISH
13



# Trying to make off with a piece of history

What kind of a ghoulish creep does something like this? Sorry. Alleged ghoulish creep. According to E! Online, after Fast and Furious star Paul Walker's fatal crash, the parts of his totaled Porsche were gathered in a truck for transport to the impound yard.

Unfortunately, when the truck was stopped at a light, a witness saw a man get out of his car and grab a piece of the wreckage.

"The male drove away with the stolen vehicle part,"

the report said.

Luckily, police were able to trace the man and they tracked down the stolen part. One suspect, Jameson Witty, was arrested in his home in Tujunga, Calif. The car part, a roof panel, was found in a different home.

Police are apparently arranging for a second suspect to turn himself in.

Walker died in a car accident Saturday afternoon in Los Angeles, his rep confirmed. He was 40 years old. MELINDA TAUB/METRO

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

# The Word

# Sharon Osbourne finds a new way to scare us all



STARGAZING Malene Arpe scene@metronews.co

Sharon Osbourne shares that "it was just excruciating" having her lady-parts tightened by a surgeon. What? I didn't hear because I was distracted by the excruciating pain of sticking an ice pick in my ear. I have a feeling it was worth it, though.

Glamour UK names Henry Cavill the sexiest man of 2013 with Robert Pattin-



son and Liam Hemsworth in second and third spot, respectively. Tom Hiddleston is number four... I apologize. That is the dumbest thing I've ever heard. In no realm are Superman, Sparkle Vamp and Not-Peta sexier than Loki. This list is obviously fake and stupid and I will say no more about it.

Joe Jonas says that he first

tried pot when he was 17 and lost his virginity at 20. That explains why Miley Cyrus and Justin Bieber just laughed so hard they threw up on their own shoes.

Barbara Walters' Most Fascinating People list is comprised of an actress, an anchor, a pope, a prince, a swimmer, a singer, a dataleaker, a Kimye and some bearded duck people. Said John le Carré: "I smell a bestseller."

Olympic diver Tom Daley says that he's in a happy relationship with a guy while actress Maria Bello reveals she has a girlfriend. Dammit. That's not who I picked for the 2013 celebrity sexual orientation derby bifecta.



# Doctors warn Bynes off going to school

Finally out of psychiatric treatment, Amanda Bynes is eager to go back to school for fashion design, but apparently her doctors think she shouldn't.

"Amanda was told by her doctors that going to fashion school so soon after being released from the Canyons (treatment facility) is an absolutely terrible idea," a source tells Star magazine. "It's almost setting her up for failure. There will be pressure on Amanda as far as school work, deadlines, and it's unlikely she will be able to succeed."





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Kicking it old school

# Parents not keen on reading e-books

Children's storybooks are in no danger of becoming extinct, suggests a report on how kids and parents are embracing e-books.

Based on the results of online surveys conducted for Booknet Canada, a non-profit industry organization that

tracks sales and trends, it appears parents and children aren't eager to give up on the time-honoured tradition of flipping through paper books in favour of swiping around in digital content.

Of the more than 800 parents interviewed, about 41 per cent said they currently read e-books. More than 200

teens between 14 and 17 were also polled (with their parents' permission) and 27 per cent said they were e-book readers. But few indicated they actually prefer digital books or could see themselves eschewing paperbacks for good.

Only one per cent of the parents polled said their kids aged 13 and under were at the point of reading more e-books than print books.

The researchers also asked parents how their kids were using mobile devices.

The report suggests just over 60 per cent of kids aged three or four have access to an Apple or Google Android phone or tablet in their home. Among 11- to 13-year-old kids, about 80 per cent had a device in their home.

THE CANADIAN PRESS

The Elf on the shelf is driving Mommy insane! Find out why with Metro content from Lyranda Martin Evans and Fiona Stevenson authors of the hilarious, best-selling book Reasons Mommy Drinks, at metronews.ca/

# Playing Santa on a budget

**Gift giving.** What do you do if your kid asks the Big Guy for something expensive? Metro's columnist has some ideas



RELATIVE Kathybuckworth.com

'Tis the season to be stressed out, falalalala lalalala yikes.

While Christmas brings a lot of happiness to families, it can also be a frantic time, and the biggest causes of stress (according to a recent Leger survey conducted for PCFinancial) are associated with gifts: the buying and the giving. Forty-one per cent of Canadians surveyed listed budget as their top source of holiday stress, which was matched by 41 per cent also indicating they felt stress over choosing just the right gift. Clearly, finding the balance between the two is difficult.

For parents, it can be especially challenging when dealing with children, par-



ticularly those who assume it's Santa bringing their gifts, not penny-pinching mom and dad. But what can parents do when they know the most desired gift is well outside of even Santa's budget?

Have the kids make out a wish list, and check it twice to make sure they have listed more than one item. Budget or availability may make delivering that single desired object impossible. Explain to the kids that even Santa can be "out of stock" or have to spread his spending around.

Older kids (age seven-

nine) should understand the value of money, even if they are expecting Santa to bring gifts. Suggest to them they can contribute earned chore money, or money saved in a bank account, to leave out for Santa, who can pocket the cash and deliver a more expensive gift in return.

Have a number and stick to it. It's easy to get stuck in the "evening out" trap when you have more than one child. If they are still counting the number of presents, fill some boxes with inexpensive candies or dollar store items.

The biggest joy of Christmas, according to the survey, is spending time with family (65 per cent), so it makes sense to give a (budget friendly) gift that families can enjoy together. Many kids ask for electronics, so look for one that can be

Kobo has some terrific options to get families reading together, and its gift cards are an easy way to get new ebooks, which can be given by other family members.

Cashing in loyalty points (as 46 per cent of Canadians say they will do) is a great way to purchase gift cards. A Čineplex gift card lets you share time at a movie with a family member. Give yourself a gift and deck those bills with vows of holiday

GIVE THE GIFT OF KATHY'S, I AM SO THE BOSS OF YOU AVAILABLE AT BOOK-STORES EVERYWHERE, AND ON KOBO.

# So you can't stand your friend's kids...



He's the toddler who always bites. She's the 6-year-old drama queen prone to "it's mine" fits and hair-pulling. The problem, for you anyway, is they are your best friend's, your neighbour's or your exceedingly lenient big sister's kids.

With the holidays comes sometimes togetherness, thrust upon us. And with togetherness, especially the obligatory kind, comes major stress — for you and your kids. But friction over the offspring of loved ones strikes all year-round, leading the grown-ups to ponder whether their adult relationships are worth it.

Julie Klam, a Manhattan mom and author of the new book Friendkeeping, believes middle ground is possible.

"Do the best you can to see them without their children, but when they are around, take the anthropologist's point of view: 'Hmm, that's interesting that the kid is standing on a table throwing cheese at the wall,' instead of getting wound up in it," she said.

Looking for the worst in other people's kids, and by association other people's parenting prowess, is a road to nowhere, which may be where you land when things go dangerously wrong. But seriously troubled is different than the day-to-day grind of ill-mannered, bad-tempered kids and their parents who stand around and let it happen, by design or other-

"If you're in your head keeping score of how rude they are, or whatever the things are that happen, it makes it much worse," said Klam, who has a 10-year-old daughter.

And before you take the fatal step of severing ties, "Stop and try to figure out how much of this has to do with you and how much has to do with them," Klam suggested.

THE ASSOCIATED PRESS

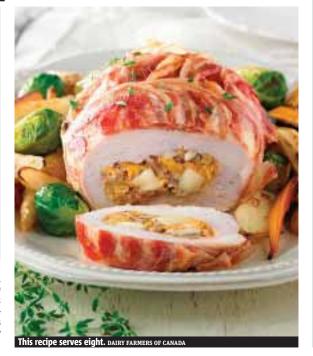
# Stuff your turkey with butter-nutty pecan flavour

- **1.** Preheat oven to 375 F (190 C).
- **2.** Stuffing: In non-stick dry skillet over medium heat, sauté onion until soft. Let cool.
- **3.** Beat egg with milk in a large bowl. Add bread and wait 2 minutes to allow it to soak up liquid. Stir in onions, squash, pecans and cheese. Generously season with pepper.
- **4.** Turkey: Slice turkey breast in half lengthwise, without cutting all the way through, and open like a book. Cover with plastic wrap and flatten with a butcher's mallet or a rolling pin, until about 1/2 inch (1 cm) thick
- **5.** Spread bottom part with stuffing and close up turkey breast to seal stuffing inside. If desired, tie with string like a roast or hold in place using toothpicks. Place in a baking dish pan and cover top of turkey with pancetta and thyme.

#### Ingredients

## Stuffing

- 1/2 onion, finely chopped
- 1 egg
- 1/4 cup (60 ml) milk
- 2 slices of bread, cut into cubes
- 1 1/3 cup (325 ml) grated butternut squash
- 1/3 cup (75 ml) pecan pieces
- 5 oz (150 g) Gunn's Hill Five Brothers cheese, cut into small cubes
- Freshly ground pepper **Turkey**
- 2 lb (1 kg) boneless skinless turkey breast
- 18 very thin slices of pancetta (about 4 oz/125 g)
- 2 tbsp (30 ml) thyme leaves
- **6.** Roast for 1 hour or until meat thermometer reads 170 F (77 C). Let rest 10 minutes before slicing. Serve with seasonal vegetables. DAIRY FARMERS OF CANADA (ALLYOUNEEDISCHEESE.CA/GRANDPRIX)



# Healthy eating

# Choose it and lose it



Tortilla chips are a favourite snack or appetizer at Mexican restaurants for many people, but what you dip them in could add up quickly in calories and fat.



Lays baked potato chips and 1/2

cup tomato salsa.

# Taco Del Martortilla chips and guacamole

# 740 calories /44 g fat

An avocado has more than 300 calories and 30 grams of fat. The fat is heart healthy but calories add up.







# Taco Del Mar tortilla chips and salsa

#### 440 calories / 21 g fat

Save the calories and enjoy a tomato-based salsa with only vegetables added. Then you can afford the Mexican dinner.

# **Appetizer.** Queso Fresco Cheese with Apples



It's fitting that in Mexico, where it originates, queso fresco literally means "fresh cheese". That's because it is a light cheese that is milky and mild. Queso fresco also has a trademark salty-sour kick, and while it's creamy by nature of its freshness, it's not rich or buttery tasting.

Here it stars in a delicious appetizer with apples and nuts.

- **1.** Preheat oven to 450 F (230 C).
- 2. In an oven-safe medium baking dish, mix apples, butter, honey, rosemary and nuts, if using. Place cheese over apples, season to taste with pepper. Bake for 15 to 20 minutes or until hot and

golden brown. Place the dish on the table and enjoy while the cheese is hot. DAIRY FARMERS OF CANADA (ALLYOUNEEDISCHEESE.CA/ GRANDPRIX)

# Ingredients

- 2 apples, sliced or cut into small wedges
- 1 tbsp (15 ml) butter, melted
- 1 tbsp (15 ml) honey
- 1 tsp (5 ml) fresh rosemary
- 1/4 cup (60 ml) nuts, your choice (pistachios, walnuts, almonds, pecans, etc.), optional
- 8 oz (225 g) Latin Foods Queso
- Fresco cheese • Freshly ground pepper

# Have a ball — literally — with Pimiento Cheese Balls



This old-fashioned cheese ball is flavoured with pimiento (roasted red pepper), lemon and onion. Make these now, freeze them and glide through the holiday season! 1. In nonstick frying pan, melt butter over medium heat; add pecans and cook, stirring, for 5 minutes or until golden and fragrant. Transfer to cutting board. When cool enough to handle,

## Ingredients

- 2 tbsp (25 ml) unsalted butter
- 2 cups (500 ml) pecan halves
- 1 pkg (250 g) PC Aged Two Years Canadian White Cheddar Cheese, finely grated
- 4 oz (125 g) drained roasted red peppers, chopped
- 1 pkg (250 g) PC Original Cream Cheese, at room temperature
- 3 tbsp (45 ml) mayonnaise
- 1 tbsp (15 ml) fresh lemon juice
- 2 tsp (10 ml) grated yellow onion
- 1-1/2 tsp (7 ml) Worcestershire sauce
- 3/4 tsp (4 ml) salt
- 1/4 tsp (1 ml) hot sauce
- 1/4 tsp (1 ml) dry mustard

chop coarsely. Set aside.

2. Place cheddar, pimientos, cream cheese, mayonnaise, lemon juice, onion, Worcestershire sauce, salt, hot sauce and dry mustard in large bowl. Using fork, beat until smooth. Using clean hands, shape into six equal balls. Roll each ball in

chopped pecans to coat. Cover each tightly in plastic wrap. Chill until firm. Freeze until needed, up to 3 weeks.

**3.** To serve, thaw completely and serve with crackers, sliced baguette or celery sticks.

COURTESY PRESIDENT'S CHOICE

# Participants needed for a Blood Pressure study!



Participants are compensated

up to \$250.00

Join a clinical research trial to evaluate the effectiveness of an investigational dietary supplement for mild and moderate hypertension.

Call now to see if you qualify!

Contact KGK Synergize Clinic: 519-858-8359

clinic@kgksynergize.com www.kgkclinic.com



metronews.ca Monday, December 9, 2013 metr⊕ **WORK/EDUCATION** 

# In search of nightmares

Adam the monster **hunter.** The career of a cryptozoologist combines both science and the supernatural

As one of the world's leading cryptozoologists, Adam Davies has pursued the death worm of Mongolia and the Mokelembembe lake monster of Congo, the Sasquatch and the Yeti. The British explorer spoke to us about the need to make his passion more respectable.

# What is cryptozoology?

It's basically looking for unknown or undiscovered animals, and that for me is about working with credible scientists. It's a broad sphere and you have to dismiss some of it. If someone says they saw a unicorn in their garden I'm not interested, but if they saw a rare primate in the jungle it's game on.

Where are your hunting grounds?



In the last year I've looked for Bigfoot in the US, and the Orang Pendek — the Sumatran ape-man. I've looked for the Congolese dinosaur for the BBC and the Yeti in Nepal. I've been almost anywhere on the planet, mostly on my own time and money.

# What is your number 1 ambi-

I've always been interested in

bipedal primates and if I could prove the Orang Pendek that would be the find of the century. We've come close to proving it with hairs and prints, most skeptics would accept it's highly plausible.

#### Are these species being covered up?

I don't believe so as I have worked with governments on my projects. The problem is the species are very rare and elusive, as you would be if you were under threat.

# Some of cryptozoology is just bizarre right?

centricity. METRO WORLD NEWS



It's a broad area and that's why it's important to work with credible scientists to corroborate findings. We need more rigor in the field, such as through sending hairs for DNA tests. But there is also a place for ec-

> learned from the desert. LESSONS FROM THE DESERT

Expectations can be a heavy

The severe market crash in

October 2008 changed my

regain my health, both emo-

tional and physical. Shortly

after I took my first steps, I

ran the Gobi March in China

in June '09, followed by the

**Atacama Crossing in Chile** 

in '10 and the Sahara Race

in Egypt in '11. In this post,

I share a lesson about life,

life. I started running to

burden

I started the Gobi March hoping to finish it. I ran free of expectations for the first four days, each a marathon in length. Somehow, I ran it very fast. I wasn't paying attention to the results, simply grateful to be there, each day closer to finishing the race. After the fourth day, I was then advised that I was in the lead in the 40- to

50-year-old category.

On the fifth day, it all changed. I started to run not to lose. Each of us ran the race with about 25 pounds of food, meds, survival gear, and clothes in our backpacks. On day five, I started to add invisible baggage to my backpack; expectations, stress, and especially fear of failure. It no longer weighed 25 pounds, it weighed a ton, and I ran slowly and nervously. My mental narrative until then was "this is the most beautiful desert I've ever seen". Now, all I could hear myself say was "don't mess up".

I realized that my whole life had been lived with outcomes in mind. When I returned home, I became present to a much bigger problem; I put expectations on others too! I was adding weight to others' already full backpacks.

Today, I try to avoid having expectations around a specific outcome. I tell people I can be counted on to give my best effort, and I ask the same from others. STÉFAN DANIS IS THE CEO OF NEXCA-REER AND MANDRAKE, AND THE

AUTHOR OF GOBI RUNNER





# OHL

# Knights top Sound Attack, Spitfires

The London Knights posted two wins over the weekend, topping the Windsor Spitfires and the Owen Sound Attack.

The Knights needed a little more than a minute of overtime Friday before Max Domi found the net on a power play to beat the Spits 5-4 at Budweiser Gardens. London outshot Windsor 47-27.

What started as a tight game ended as a blowout in Saturday's road game.

The Knights beat Owen Sound 6-2, scoring three third-period goals in about seven minutes.

Owen Sound netminder Jack Flinn faced 49 shots while London goalie Jake Patterson was dealt 37.

London hopes to extend their five-game winning streak when they travel to Kitchener for a 7 p.m. game Tuesday against the Rangers. They face Guelph on home ice at 7:30 p.m. Friday. METRO

# Golf

# Lydia Ko, 16, wins first pro title

Lydia Ko rallied to win her first title as a professional.

The 16-year-old from New Zealand won the Swinging Skirts World Ladies Masters Sunday, closing with a 4-under 68 for a three-stroke victory over South Korea's So Yeon Ryu.

Ko had an 11-under 205 total at Linkou Miramar and earned \$150,000 in the event sanctioned by the Taiwan and Korean tours. Ryu finished with a 73. Top-ranked Inbee Park was third at 7-under after a 70.

THE ASSOCIATED PRESS



# Lightning's 3rd strike a new franchise low

# **NBL Canada.** London falls to Brampton despite spark from Williamson



DAVE LANGFORD dave.langford@metronews.ca

The two-time defending National Basketball League of Canada champions have hit a major bump in the road, and London Lightning head coach Micheal Ray Richardson doesn't like it one bit.

The Lightning lost 108-101 to the Brampton A's before a pumped-up crowd of 3,834 fans at Budweiser Gardens on Sundav afternoon.

It marked the first time in the franchise's three-year history that they have lost three games in a row. In a season of streaks, the Lightning lost their first two games this year, won the next eight and now have lost three.

The losses get worse when it comes to Richardson's personal coaching stats.

"First time in my (eightyear) coaching career I have lost three in a row. But we're going to get it fixed. I'm not going to panic," Richardson said Sunday.

The Lightning continued their pattern of being outscored in the first and fourth quarters and doing the opposite in the second and third.

"The guys are starting the

game not mentally ready; not mentally in it," Richardson said.

The slow starts prompted Richardson, general manager Taylor Brown and owner Vito Frijia to observe the team's pregame warm-up Sunday to see if they could detect the problem.

One person who's always prepared is the Lightning's Garrett Williamson.

Despite a six-stitch gash on the side of his head picked up Saturday night, he led both teams in scoring Sunday with 36 points. He is fifth in the league in scoring with a plus-20 average and No. 1 in the league in shooting percentage.

Kevin Francis had 25 points, including a critical three-pointer with the score tied at 101, to

## Sabres win tourney

The Lightning played host to the first Charity Roundball Classic over the weekend.

17

- The Saunders Sabres defeated the Catholic Central Crusaders 51-46 to win it.
- Eight London schools took part in the three-day tournament. About \$9,000 were raised for the Saunders Cancer Campaign.

lead the A's.

On Saturday night, the Lightning lost 117-111 to the Windsor Express.

# Roar of the Rings. Jacobs earns his ticket to Sochi

It was fitting that Brad Jacobs sealed his right to represent Canada at the Olympics with one more big-weight double Sunday afternoon, and he never even considered a less risky shot.

"You're throwing that double to win," he said after beating John Morris 7-4.

He said his third, Ryan Fry, told him it was coming. "Fry said it to me, 'You're

"Fry said it to me, 'You're going to have a double either way here and we're playing it.' So my mind was already wrapped around some big

## Doubling up

# "That's our style."

**Brad Jacobs**, after earning his final spot with a hard-hitting, muscular, fist-pumping brand of curling that delighted the crowd

weight shot before I even threw it."

Jacob joins Winnipeg's Jennifer Jones, who defeated Sherry Middaugh 8-4 Saturday night to win the women's slot, the one prize that has eluded her in a championship-filled career. THE CANADIAN PRESS





metronews.ca Monday, December 9, 2013 metr⊕ 18 **SPORTS** 



back LeSean McCov hurdles the Lions' Louis Delmas en route to a 40-yard touchdown run on Sunday

# Last-minute comeback

# Patriots rally to edge Browns

Tom Brady threw two touchdown passes in the final 61 seconds, helping the New England Patriots rally for a 27-26 victory over the Cleveland Browns on Sunday.

The Patriots (10-3) cut the deficit to 26-21 on Brady's

2-yard touchdown pass to Julian Edelman with 1:01 left. Then Kyle Arrington recovered the onside kick at the Cleveland 40-yard line.

Brady completed a 10-yard pass to Ďanny Amendola. Then Leon McFadden was called for defensive pass interference in the end zone. That put the ball at the 1 where Brady connected with Amendola again.

The Browns (4-9) then moved the ball to the Patriots 40 with 1 second left, but Billy Cundiff missed a 58-yard field goal.

New England lost tight end Rob Gronkowski to a potentially serious knee injury in the third quarter. Coach Bill Belichick said after the game that Gronkowski went to a hospital for observation. THE ASSOCIATED PRESS

# December 17th - 19th LIVE from 6:30 - 9:00pm Call in to talk to Santa or email him your wishlist online at RogersTV.com

# McCoy, Eagles soar over Lions in Philly snow storm

# Fifth straight win.

Running back has no trouble finding his footing in rushing for 217 yards, 2 TDs

Once LeSean McCoy put his head down and ran straight ahead instead of juking and jiving, no one could stop him.

McCoy ran for a franchisebest 217 yards, including touchdowns of 57 and 40 yards, and the Philadelphia Eagles overcame two TD returns by Jeremy Ross to beat the Detroit Lions 34-20 in a blizzard Sunday.

'It was tough, to be honest," McCoy said. "But the guys were giving me so much room. I actually like to run in between the tackles.

# Unpleasant surprises

Forecasters predicted only some snow, so neither team was prepared for a storm that dropped up to six inches in Philadelphia.

The Lions lost running back Reggie Bush when he fell on the slippery field during warm-ups and re-injured his calf.

Ross returned a punt 58 yards for a score and ran a kickoff 98 yards. But McCoy ran 57 yards up the middle for a tying TD, and Nick Foles connected with Riley Cooper on the two-point conversion. Foles sneaked in from the 1 and Chris Polk had a 38yard touchdown run to cap a

28-point fourth quarter for the Eagles (8-5).

Snow began falling two hours before kickoff and intensified after the game started. Workers used shovels and hand-held blowers to clear off yard lines. Conditions were so poor neither team tried a field goal, and there were two-point conversion attempts after seven of the eight TDs.

"We just felt footing was so bad," Eagles coach Chip Kelly

The Eagles, looking to go worst-to-first in the NFC East, won their fifth straight game and took over sole possession of first place. Dallas can make it a tie for the top spot with a victory at Chicago on Monday

The Lions (7-6) have a halfgame lead over the Bears in the NFC North. The associated press

## NHL

ATI ANTIC DIVISION

# **FASTERN CONFERENCE**

| AILANTIC DI | 1131 | OIV |     |    |    |    |    |
|-------------|------|-----|-----|----|----|----|----|
|             | GP   | W   | L   | 0L | GF | GΑ | Pt |
| Montreal    | 31   | 19  | 9   | 3  | 85 | 65 | 41 |
| Boston      | 29   | 19  | 8   | 2  | 79 | 59 | 40 |
| Detroit     | 31   | 15  | 9   | 7  | 85 | 82 | 37 |
| Tampa Bay   | 29   | 17  | 10  | 2  | 80 | 70 | 36 |
| Toronto     | 30   | 16  | 11  | 3  | 84 | 82 | 35 |
| Ottawa      | 30   | 11  | 14  | 5  | 86 | 99 | 27 |
| Florida     | 30   | 9   | 16  | 5  | 68 | 98 | 23 |
| Buffalo     | 30   | 6   | 22  | 2  | 51 | 91 | 14 |
| METROPOLIT  | AN I | DIV | ISI | ON |    |    |    |

|              | GP | ٧V | L  | OL | Gŀ | GA  | Pt |
|--------------|----|----|----|----|----|-----|----|
| Pittsburgh   | 31 | 20 | 10 | 1  | 96 | 70  | 41 |
| Washington   | 29 | 15 | 12 | 2  | 88 | 84  | 32 |
| NY Rangers   | 30 | 15 | 14 | 1  | 68 | 76  | 31 |
| Carolina     | 30 | 13 | 12 | 5  | 71 | 84  | 31 |
| New Jersey   | 31 | 12 | 13 | 6  | 69 | 77  | 30 |
| Philadelphia | 29 | 13 | 14 | 2  | 64 | 73  | 28 |
| Columbus     | 29 | 12 | 14 | 3  | 72 | 80  | 27 |
| NY Islanders | 30 | 8  | 17 | 5  | 75 | 104 | 21 |
|              |    |    |    |    |    |     |    |

## Sunday's results

San Jose at Minnesota Florida at Chicago Boston at Toronto Washington at NY Rangers Colorado at Vancouver Saturday's results Dallas 5 Philadelphia 1

Winnipeg 2 Tampa Bay 1 (OT) Washington 5 Nashville 2 Boston 3 Pittsburgh 2

| NFI          |    |    |    |
|--------------|----|----|----|
| Kane, Chi    | 16 | 18 | 34 |
| Getzlaf, Ana | 16 | 20 | 36 |
| Malkin, Pgh  | 7  | 30 | 37 |
| Crosby, Pgh  | 15 | 2/ | 42 |

# SCORING LEADERS

|              | G  | A  | PLS |
|--------------|----|----|-----|
| Crosby, Pgh  | 15 | 27 | 42  |
| Malkin, Pgh  | 7  | 30 | 37  |
| Getzlaf, Ana | 16 | 20 | 36  |
| Kane, Chi    | 16 | 18 | 34  |
|              |    |    |     |

#### WEEK 14 Sunday's results

Kansas City 45 Washington 10 Baltimore 29 Minnesota 26 Tampa Bay 27 Buffalo 6 N.Y. Jets 37 Oakland 27 Miami 34 Pittsburgh 28 Cincinnati 42 Indianapolis 28

# WESTERN CONFERENCE

| CENTRAL DIV | ISIC | 114 |    |    |     |    |    |  |
|-------------|------|-----|----|----|-----|----|----|--|
|             | GP   | W   | L  | 0L | GF  | GΑ | Pt |  |
| Chicago     | 31   | 20  | 6  | 5  | 110 | 87 | 45 |  |
| St. Louis   | 28   | 19  | 6  | 3  | 98  | 66 | 41 |  |
| Colorado    | 27   | 20  | 7  | 0  | 81  | 62 | 40 |  |
| Minnesota   | 31   | 17  | 9  | 5  | 74  | 74 | 39 |  |
| Dallas      | 28   | 14  | 9  | 5  | 81  | 80 | 33 |  |
| Winnipeg    | 31   | 14  | 13 | 4  | 82  | 88 | 32 |  |
| Nashville   | 30   | 13  | 14 | 3  | 67  | 88 | 29 |  |

## PACIFIC DIVISION

|                  | GP    | VV  | L    | UL  | Gŀ   | GA    | Ρ  |
|------------------|-------|-----|------|-----|------|-------|----|
| Anaheim          | 32    | 20  | 7    | 5   | 101  | 84    | 4! |
| San Jose         | 29    | 19  | 5    | 5   | 100  | 72    | 4  |
| Los Angeles      | 30    | 19  | 7    | 4   | 79   | 62    | 42 |
| Phoenix          | 29    | 16  | 8    | 5   | 94   | 93    | 3  |
| Vancouver        | 31    | 16  | 10   | 5   | 83   | 80    | 3  |
| Calgary          | 29    | 11  | 14   | 4   | 78   | 98    | 2  |
| Edmonton         | 31    | 10  | 18   | 3   | 84   | 105   | 2  |
| Note: Two point  | s for | a w | /in, | one | poin | t for |    |
| accombine a lana |       |     |      |     |      |       |    |

Montreal 3 Buffalo 2 Toronto 4 Ottawa 3 (SO)

New Jersey 4 NY Rangers 3 (OT) Anaheim 5 St. Louis 2

Calgary 2 Edmonton 1 (OT) Los Angeles 3 NY Islanders 0 Monday's games — All Times Eastern

Philadelphia at Ottawa, 7:30 p.m. Columbus at Pittsburgh, 7:30 p.m. NY Islanders at Anaheim, 10 n m

Carolina at Vancouver, 10 p.m.

# Perry, Ana Steen, StL Tavares, NYI Thornton, SJ Ovechkin, Wash Kunitz, Pgh Not including last night's gam 20 11

Green Bay 22 Atlanta 21

Philadelphia 34 Detroit 20 Denver 51 Tennessee 28 San Diego 37 N.Y. Giants 14 San Francisco 19 Seattle 17 Arizona 30 St. Louis 10 Carolina at New Orleans

Monday's game — All Times Eastern Dallas at Chicago, 8:40 p.m.

# NBA

# **EASTERN CONFERENCE**

|              | W  | L  | Pct  | GE   |
|--------------|----|----|------|------|
| d-Indiana    | 18 | 2  | .900 | -    |
| d-Miami      | 15 | 5  | .750 |      |
| Atlanta      | 11 | 10 | .524 | 71/  |
| d-Boston     | 10 | 12 | .455 |      |
| Detroit      | 10 | 10 | .500 |      |
| Washington   | 9  | 10 | .474 | 81/  |
| Charlotte    | 9  | 11 | .450 |      |
| Chicago      | 8  | 10 | .444 |      |
| Cleveland    | 7  | 13 | .350 | 1    |
| Toronto      | 6  | 12 | .333 | 1    |
| Philadelphia | 7  | 14 | .333 | 111/ |
| Orlando      | 6  | 13 | .316 | 111/ |
| Brooklyn     | 6  | 14 | .300 | 1    |
| New York     | 5  | 14 | .263 | 121/ |
| Milwaukee    | 4  | 16 | .200 | 1    |
|              |    |    |      |      |

## **WESTERN CONFERENCE**

|                 | W  | L  | Pct  | GB    |  |
|-----------------|----|----|------|-------|--|
| d-Portland      | 17 | 4  | .810 | _     |  |
| d-San Antonio   | 15 | 4  | .789 | 1     |  |
| Oklahoma City   | 14 | 4  | .778 | 11/2  |  |
| d-L.A. Clippers | 13 | 8  | .619 | 4     |  |
| Houston         | 14 | 7  | .667 | 3     |  |
| Dallas          | 13 | 8  | .619 | 4     |  |
| Denver          | 12 | 8  | .600 | 41/2  |  |
| Golden State    | 12 | 9  | .571 | 5     |  |
| Phoenix         | 11 | 9  | .550 | 51/2  |  |
| L.A. Lakers     | 10 | 9  | .526 | 6     |  |
| New Orleans     | 9  | 10 | .474 | 7     |  |
| Memphis         | 9  | 10 | .474 | 7     |  |
| Minnesota       | 9  | 11 | .450 | 71/2  |  |
| Sacramento      | 5  | 13 | .278 | 101/2 |  |
| Utah            | 4  | 18 | .182 | 131/2 |  |
|                 |    |    |      |       |  |

# d – division leaders Sunday's results

Boston 114 New York 73 Miami at Detroit Orlando at Houston Indiana at Oklahoma City

Indiana at Oklahoma City Toronto at L.A. Lakers Monday's games — All Times Eastern L.A. Clippers at Philadelphia, 7 p.m. Golden State at Charlotte, 7 p.m. Denver at Washington, 7 p.m. Orlando at Memphis, 8 p.m. Portland at Utah, 9 p.m. Dallas at Sacramento, 10 p.m

# MLS

# Saturday's result

Sporting Kansas City 1 Real Salt Lake 1 (Sporting K.C. wins 7-6 on penalty kicks)

# See today's answers at metronews.ca/answers. BY KELLY ANN BUCHANAN

# T Aries March 21 - April 20

You may be open and honest

by nature but is letting any one and everyone know what you are thinking such a good

# **Taurus** April 21 - May 21

There is a lot of pressure on you at the moment, the sort that would make other people crack. But you're not other people, you're a Taurus, and giving in and giving up are not in your nature. What's the worst that can happen?

# II Gemini May 22 - June 21

You may have to be cruel to be kind today. The planets indicate that someone you are close to emotionally needs to be reminded that they can't always have things their own way.

# **9** Cancer

June 22 - July 23 Jupiter in your sign is giving you plenty of big ideas but because the planet of expansion is moving

retrograde at the moment

# $\mathbf{\Omega}$ Leo

July 24 - Aug. 23

you must take care.

Whatever your current problems may be they're not as bad as they seem.

# **W** Virgo Aug. 24 - Sept. 23

You will encounter hostility of some sort over the next 24 hours, most likely from someone who resents your ability to point out where they are going wrong. If it gets heated you would be wise to turn your back and walk away.

# **△** Libra Sept. 24 - Oct. 23

Make a point of respecting other people's right to have opinions you don't agree with. If you must criticize what they say at least do so in a civilized fashion.

# M Scorpio Oct. 24 - Nov. 22

No matter how honest you think someone may be you would be wise not to let them make decisions for you today, especially if those decisions involve your hard-earned

# **プ Sagittarius** Nov. 23 - Dec. 21

Some of the people you have to deal with today will drag their feet and find excuses why they cannot deliver what you require.

# り Capricorn

Dec. 22 - Jan. 20

Someone you work or do business with has been taking liberties of late and you are almost at the point where you have to say something rude.

# Aquarius Jan. 21 - Feb. 19

Try not to get excited about something that is not important today or you may miss out on something that is. There are so many distractions in your life at the moment that your brain cannot possibly keep track of them all.

# H Pisces

Feb. 20 - March 20

If you are smart you will tone down some of your more outrageous ideas today, at least while in the presence of people you need to stay on good terms with. SALLY BROMPTON

# Crossword: Canada Across and Down

#### Across

1. Southern Manitoba community 7. Good: French

11. Knee injury [acronym] 14. Flip over the

'Closed' sign 15. To, archaically 16. Francis \_\_\_, "Love Story" (1970) score

composer 17. Tempt the fish again

18. "We are \_\_ / We are golden..." - Joni Mitchell, "Woodstock"

20. \_\_ Paulo, Brazil 21. Second Cup offering

23. Medieval helmet

24. Stone \_

26. Raise

27. Blue dye

28. Imperativeness 30. Niagara-on-the-

Lake export 33. Communicate in the direction of, lion-

style: 2 wds. 34. Some papers

35. Holiday

36. Explanatory picture

38. Guileful

41. Religious orders 42. Kitchen gadget, lemon

44. Early computer programing language 47. Monty \_\_ Flying Circus

52 65

48. Prefix with 'logical' 49. Eyes: Spanish 51. Tycoon Mr. 'O' 52. "Chip '\_\_\_: Rescue Rangers" 54. Terra 56. "Oh, give home...

58. Group of Seven

(b.1898 - d.1992) 60. Cleopatra's guy 62. Batch 63. Leaning Tower of 64. Bring on 65. Charlotte's Web author Mr. White,

member,

66. Hair accessories 67. Took a breather

#### Down

1. Train stn. postings 2. Canada's 'Metal Queen', born in Belleville, ON: 2 wds. 3. Sled

4. \_\_-locka, Florida

5. Mr. Young 6. Lieu of Prince Harry's current charity trek: 2 wds. 7. Rapper, Rhymes

8. The BC 9. 7th Greek letter 10. Romance novelist Ms. Roberts 11. Reunion attendees

12. \_\_ \_ point... (For example...)

13. Small

19. Sketches

22. Scottish writer,

Josephine

25. 'Ballad' suffix

28. Spoonbender Mr.

Geller

29. Consumer advocate, Ralph

31. Emily Carr's painting The \_\_\_\_ recently sold for \$3.39 million,

a record-breaking auction price for her

32. Ant, archaically

34. Friends of HIJKs 37. Free: 3 wds.

38. Leave in a huff:

2 wds.

39. Mildness, as in a judge's ruling

40. Mos. and mos.

41. Tunic of ancient Rome 43. Doo-Wop music

syllable 44. Closing curtain

45. Honey Do List task: 2 wds.

46. Is affected by

47. Plant holder

50. The \_\_ Brothers 53. Sporty TV network

55. Author Ms. Rice

57. Positively-replied at sea

59. "Sprechen \_\_

61. QB's feats

Deutsch?"

# Friday's Crossword



et al.

## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| 2 | 4 |   | 2  | 6 | 7  | 9 | 5 | 1 |
|---|---|---|----|---|----|---|---|---|
| 7 | 6 | ş | \$ | 1 | 4  | 8 | 3 | 2 |
| 3 | 5 | 1 | 8  | 2 | 9  | 7 | 6 | 4 |
| 1 | 7 | 3 | 9  | 4 | 5  | 2 | 8 | 6 |
| 5 | 9 | 4 | 2  | 8 | .6 | 3 | 1 | 7 |
| 6 | 8 | ž | 1  | 7 | 3  | 4 | 9 | 6 |
| 4 | 3 | 7 | 6  | 5 | В  | 1 | 2 | 9 |
| 9 | 2 | 5 | 7  | 8 | 1  | 8 | 4 | 8 |
| 8 | 1 |   | 4  | 9 | 2  | 8 | Y | 3 |

|   |   | 8   | 2 |   |   | 1 |   |   |
|---|---|-----|---|---|---|---|---|---|
| 1 | 5 |     |   | 7 | 6 |   |   |   |
| 3 |   | 26  | 5 |   |   |   | 4 |   |
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